

## Mondays to Fridays

NOTE Between Romford and Bow buses run at the following intervals: Romford to Stratford 5 mins (8-12 evenings); Stratford to Bow 7-8 minutes during peak hours.

Romford Station	05:31	05:55	06:18	06:32	06:46	06:56	07:20	08:20	08:40
Romford Market	05:35	05:59	06:22	06:37	06:50	07:00	07:25	08:25	08:45
Chadwell Heath Coopers Arms	05:45	06:09	06:32	06:47	07:00	07:10	07:38	08:38	08:58
Seven Kings Garage	05:25	05:45	06:05	06:15	06:23	06:30	06:38	06:43	06:48
Ilford Broadway	05:33	05:53	A	06:13	06:23	06:31	06:38	06:46	06:51
Manor Park Broadway	05:39	05:59	06:19	06:29	06:37	06:44	06:52	06:57	07:02
Forest Gate Green Street	05:42	06:02	06:22	06:32	06:40	06:47	06:55	07:00	07:05
Stratford Broadway	05:48	06:08	06:28	06:38	06:46	06:53	07:01	07:06	07:11
Bromley-by-Bow Station	05:56	06:16	06:36	B	06:54	B	07:09	E	B
Limehouse Londoner	06:03	06:23	06:43	07:01	07:19	07:31	07:46	08:01	08:16
Romford Station	09:01	09:22	09:45	15:25	15:40	15:55	16:10	16:25	16:40
Romford Market	09:06	09:27	09:50	15:30	15:45	16:00	16:15	16:30	16:45
Chadwell Heath Coopers Arms	09:19	09:40	10:00	15:40	15:55	16:10	16:25	16:40	16:56
Seven Kings Garage	09:25	09:46	10:06	15:46	16:01	16:16	16:31	16:46	17:02
Ilford Broadway	09:35	09:55	10:15	15:55	16:10	16:25	16:40	16:55	17:11
Manor Park Broadway	09:41	10:01	10:21	16:01	16:16	16:31	16:46	17:01	17:17
Forest Gate Green Street	09:45	10:05	10:25	16:05	16:20	16:35	16:49	17:04	17:20
Stratford Broadway	09:52	10:12	10:32	16:12	16:27	16:42	16:56	17:11	17:27
Bromley-by-Bow Station	10:00	10:20	10:40	16:20	16:35	16:50	17:04	17:19	17:35
Limehouse Londoner	10:08	10:28	10:48	16:28	16:43	16:57	17:11	17:26	17:42
Romford Station	20:07	20:31	20:55	21:19	21:43	22:07	22:31	22:43	22:55
Romford Market	20:11	20:35	20:59	21:23	21:47	22:11	22:35	22:47	22:59
Chadwell Heath Coopers Arms	20:21	20:45	21:09	21:33	21:57	22:21	22:45	22:57	23:09
Seven Kings Garage	20:27	20:51	21:15	21:39	22:03	22:27	22:51	23:03	23:15
Ilford Broadway	20:35	20:59	21:23	21:47	22:11	22:35	22:59	23:11	23:23
Manor Park Broadway	20:41	21:05	21:29	21:53	22:17	22:41	23:05	23:17	23:29
Forest Gate Green Street	20:44	21:08	21:32	21:56	22:20	22:44	23:08	23:20	23:32
Stratford Broadway	20:50	21:14	21:38	22:02	22:26	22:50	23:14	23:26	23:38
Bromley-by-Bow Station	20:58	21:22	21:46	22:10	22:34	22:58	23:22	E	E
Limehouse Londoner	21:05	21:29	21:53	22:17	22:41	23:05	23:29		

Additional buses, Mondays to Fridays: Seven Kings Garage to Ilford Station Ley Street at 06:21 and 06:41.

## Saturdays

NOTE Between Romford and Bow buses run every 5 minutes (10 before 1900 and evenings)

Romford Station	05:25	06:05	06:35	07:05	08:05	08:24	08:44	09:00	09:21
Romford Market	05:29	06:09	06:39	07:09	08:09	08:28	08:48	09:06	09:27
Chadwell Heath Coopers Arms	05:39	06:19	06:49	07:19	08:19	08:38	08:58	09:17	09:38
Seven Kings Garage	05:35	05:45	06:25	06:45	06:55	07:05	07:25	07:35	07:45
Ilford Broadway	05:43	A	06:33	06:53	07:03	07:13	07:33	20	08:33
Manor Park Broadway	05:49	F	06:39	06:59	07:09	07:19	07:39	mins.	08:39
Forest Gate Green Street	05:52	06:12	06:42	07:02	07:12	07:22	07:42	until	08:42
Stratford Broadway	05:58	06:18	06:48	07:08	07:18	07:28	07:48	08:48	09:08
Bromley-by-Bow Station	06:06	06:26	06:56	07:16	E	07:36	07:56	08:56	09:16
Limehouse Londoner	06:13	06:33	07:03	07:23	07:43	08:03	09:03	09:23	09:43
Romford Station	18:05	22:05	22:31	22:39	22:47	22:55	23:05	23:15	23:25
Romford Market	18:09	22:09	22:35	22:43	22:51	22:59	23:09	23:19	23:29
Chadwell Heath Coopers Arms	18:19	22:19	22:45	22:53	23:01	23:09	23:19	23:29	23:39
Seven Kings Garage	18:25	22:25	22:51	22:59	23:07	23:15	23:25	23:35	23:45
Ilford Broadway	18:33	22:33	22:59	23:07	23:15	23:23	23:33	23:43	23:53
Manor Park Broadway	18:39	22:39	23:05	23:13	23:21	23:29	23:39	23:49	23:59
Forest Gate Green Street	18:42	22:42	23:08	23:16	23:24	23:32	23:42	23:52	24:02
Stratford Broadway	18:48	22:48	23:14	23:22	23:30	23:38	23:48	23:58	24:08
Bromley-by-Bow Station	18:56	22:56	23:22	G	E	08:24	E	09:24	E
Limehouse Londoner	19:03	23:03	23:29			09:01		09:31	

Additional buses, Saturdays: Romford Station to Limehouse Londoner at 10:14, 12:01 and 14:31;

Chadwell Heath Wangey Road to Stratford Bus Station at 07:29 and 07:49;

Stratford Broadway (starting from West Ham Garage) to Limehouse Londoner at 08:39.

## Sundays (and National Public Holidays)

Romford Station	07:06	07:36	08:06	08:36	51	06	21	36	22:36	22:51	23:06	23:21
Romford Market	07:10	07:40	08:10	08:40	Then	55	10	25	40	22:40	22:55	23:10
Chadwell Heath Coopers Arms	07:20	07:50	08:20	08:50	at	55	20	35	50	U	22:50	23:05
Seven Kings Garage	06:41	06:56	07:11	07:26	these	11	26	41	56	N	22:56	23:11
Ilford Broadway	06:48	07:03	07:18	07:33	mins.	18	33	48	03	T	23:03	23:18
Manor Park Broadway	06:53	07:08	07:23	07:38	past	23	38	53	08	I	23:08	23:23
Forest Gate Green Street	06:56	07:11	07:26	07:41	each	26	41	56	11	L	23:11	23:26
Stratford Broadway	07:02	07:17	07:32	07:47	hour	32	47	02	17		23:17	23:32
Bromley-by-Bow Station	E	07:24	E	07:54	E	54	E	24	23:24	E		
Limehouse Londoner	E	07:31	E	08:01	E	01	31	31	23:31	E		
Romford Station	23:36	23:51	00:06	00:26								
Romford Market	23:40	23:55	00:10	00:30								
Chadwell Heath Coopers Arms	23:50	00:05	00:20	00:40								
Seven Kings Garage	23:56	00:11	00:26	00:46								

A - Continues to Ilford Station Ley Street.

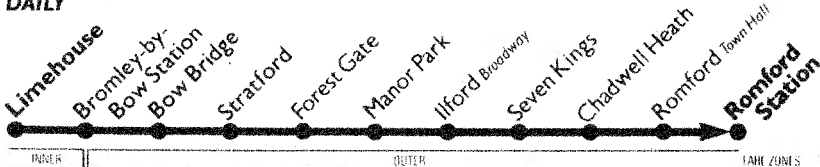
C - Starts from Chadwell Heath Wangey Road.

F - Continues to West Ham Garage via Green Street.

B - Continues to Bow Church.

E - Continues to Stratford Bus Station.

G - Continues to West Ham Garage via West Ham Lane.



## Mondays to Fridays

NOTE Between Bow and Romford buses run at the following intervals: Bow to Stratford 7-8 mins during peak hours, Stratford to Romford 5 minutes (8-12 evenings).

Limehouse Londoner	0612	0637	0652	0712	0857	0912
Bromley-by-Bow Station	0621	0641	0701	0721	0906	0921
Stratford Bus Station	0630	0650	0710	0730	0915	0930
Forest Gate Green Street	0637	0657	0717	0737	0922	0938
Manor Park Broadway	0640	0700	0720	0740	15	0925
Ilford Broadway	0646	0706	0726	0746	0931	0946
Seven Kings Garage	0507	0531	0554	0609	0614	0624
Chadwell Heath Coopers Arms	0513	0537	0600	0615	0620	0630
Romford Market	0524	0548	0611	0626	0631	0641
Romford Station	0529	0553	0616	0631	0636	0646
Limehouse Londoner	0927	0939	0954	1534	1554	1614
Bromley-by-Bow Station	0936	0948	1003	1543	1603	1623
Stratford Bus Station	0945	0957	1012	1552	1612	1632
Forest Gate Green Street	0953	1005	1020	1600	1620	1641
Manor Park Broadway	0957	1009	1024	1604	1624	1645
Ilford Broadway	1003	1015	1030	1610	1630	1654
Seven Kings Garage	1010	1022	1037	1617	1638	1702
Chadwell Heath Coopers Arms	1016	1028	1043	1623	1644	1708
Romford Market	1027	1039	1054	1634	1655	1719
Romford Station	1033	1045	1100	1640	1701	1725
Limehouse Londoner	1910	1934	1958	2022	2046	2110
Bromley-by-Bow Station	1919	1943	2007	2031	2055	2119
Stratford Bus Station	1928	1952	2016	2040	2104	2128
Forest Gate Green Street	1935	1959	2023	2047	2111	2135
Manor Park Broadway	1938	2002	2026	2050	2114	2138
Ilford Broadway	1944	2008	2032	2056	2120	2144
Seven Kings Garage	1951	2015	2039	2103	2127	2151
Chadwell Heath Coopers Arms	1957	2021	2045	2109	2133	2157
Romford Market	2008	2032	2056	2120	2144	2208
Romford Station	2013	2037	2101	2125	2149	2213

## Saturdays

NOTE Between Stratford and Romford buses run every 5 minutes (10 before 1000 and evenings).

Limehouse Londoner	0619	0639	0709	0729	0749	0809
Bromley-by-Bow Station	0628	0648	0718	0738	0758	0818
Stratford Bus Station	0637	0657	0727	0747	0807	0827
Forest Gate Green Street	0644	0704	0734	0754	0814	0834
Manor Park Broadway	0647	0707	0737	0757	0817	0837
Ilford Broadway	0653	0713	0743	0803	0823	0843
Seven Kings Garage	0500	0536	0606	0629	0632	0649
Chadwell Heath Coopers Arms	0506	0542	0612	0635	0638	0655
Romford Market	0517	0553	0623	0649	0654	0717
Romford Station	0522	0558	0628	0654	0702	0722
Limehouse Londoner	0859	0905	0929	0949	1009	1029
Bromley-by-Bow Station	0908	0918	0938	0958	1018	1038
Stratford Bus Station	0917	0927	0947	1007	1027	1047
Forest Gate Green Street	0925	0935	0955	1015	1035	1055
Manor Park Broadway	0928	0938	0958	1018	1038	1058
Ilford Broadway	0934	0944	1004	1024	1044	1104
Seven Kings Garage	0942	0952	1012	1032	1052	1112
Chadwell Heath Coopers Arms	0948	0958	1018	1038	1058	1118
Romford Market	1000	1010	1030	1050	1110	1130
Romford Station	1007	1017	1037	1057	1117	1137

Additional buses, Saturdays: Limehouse Londoner to Stratford Bus Station (continuing to West Ham Garage via West Ham Lane) at 1122;

Limehouse Londoner to Forest Gate Green Street (continuing to West Ham Garage via Green Street) at 1307 and 1537.

## Sundays (and National Public Holidays)

Limehouse Londoner	0738	08	38	2238	2308	2338
Bromley-by-Bow Station	0746	16	46	2246	2316	2346
Stratford Bus Station	0709	0739	0754	2254	2309	2324
Forest Gate Green Street	0716	0746	0801	2301	2316	2331
Manor Park Broadway	0719	0749	0804	2304	2319	2334
Ilford Broadway	0724	0754	0809	2309	2324	2339
Seven Kings Garage	0631	0701	0731	0801	0816	0831
Chadwell Heath Coopers Arms	0637	0707	0737	0807	0822	0837
Romford Market	0648	0718	0748	0818	0833	0848
Romford Station	0653	0723	0753	0823	0838	0853

B - Starts from Bow Church.

D - Starts from Ilford Town Hall.

C - Continues to Chadwell Heath Wangey Road.

G - Starts from West Ham Garage via West Ham Lane.